Coffee and it health damage

The 30 Most Important Key Takeaways

1.

Plant compounds, including those found in coffee and olive oil, are inherently toxic to humans because plants produce defense chemicals. These compounds are chemically different compared to human biology and how compounds are chemically stored in human cells[1]. Plants defend themselves through all their chemical compounds, making them extremely toxic and poisonous to anyone who eats them[1].

2.

Consuming coffee, made from the toxic seed/bean of the coffee plant, is extremely unintelligent and unhealthy. It should be obvious that drinking something made from the most toxic and damaging part of a plant is extremely unintelligent and unhealthy[2]. Most people have no clue about toxins, much less a clue about biochemistry and basic physiology[2].

3.

The claim that any plant compound can benefit human health is a complete lie lacking scientific support and is chemically impossible. As defense chemicals, they also have “antioxidant” properties, which simply means that they will damage and kill things, as in human cells[3]. Being plant compounds, they’re not compatible with any physiological processes of the human body and are poorly metabolized, resulting in accumulation within the body and thus a steadily increased toxic load[4].

4.

Cafestol, a diterpene in coffee, is extremely toxic and will cause cellular damage. Cafestol is a natural diterpene compound found in coffee, particularly coffee brewed through unfiltered methods, such as boiled, Turkish, French press, and espresso coffee[1]. As a diterpene, it can not have any positive health effects in a human body[5].

5.

Caffeine, extracted from toxic coffee beans, is a defense chemical and a potent poison. Caffeine is extracted from coffee beans, as in the seed, the most toxic part of any plant[6]. As a defense chemical, caffeine’s toxicity is off the roof as it will paralyze and even kill insects and small animals that feed on the plant[6].

6.

The "benefits" of caffeine, such as alertness and focus, are due to acute poisoning and the body's fight-or-flight stress response. As it’s a potent poison, it will cause acute poisoning and a fight-or-flight response — and this is part of the “buzz” and “alertness” you may feel after ingesting caffeine[6]. Triggering this stress response chemically and artificially by tricking the body with a poison is not healthy as it is an enormous stress on the body every time it has to prepare itself for a survival situation[7].

7.

Repeated use of caffeine, from any source, will take its toll on the body, especially the cardiovascular system, thus reducing lifespan. It’s an indisputable fact that repeated use of caffeine, whether it’s from drinking coffee, energy drinks, taking pre-workout formulas or popping caffeine pills will take its toll on the body, especially the cardiovascular system, and thus reducing your life span[8]. It’s simple physiology[8].

8.

Recommendations for "safe" moderate caffeine consumption are misleading as they only consider immediate toxicity and ignore accumulated damage. Again, these idiotic recommendations are only based on a single use considering caffeine’s toxicity and lethal dose, it does not reflect repeated use and accumulated damage[9]! They never tell you these things, as they want to sell it, make money, and make sure you are only living long enough to retire[9].

9.

The idea that cafestol might help prevent type 2 diabetes by increasing insulin sensitivity is dismissed as a harmful approach. Would you still consume something that will increase your toxic load and damage your cells, leading to cardiovascular disease and organ damage — only to be able to tolerate toxic carbohydrates a little better[10]? Why not cut out the real problem, the carbohydrates, and let the body heal and be ridden of diabetes[10]?

10.

Increased insulin sensitivity observed with cafestol consumption is likely a stress response to the toxin, not a genuine health benefit. So, if blood glucose levels are elevated and you consume some specific plant toxins that also poses a similar threat to the body, your body

will experience a fight-or-flight stress response and has no other option than to upregulate its efforts to lower blood glucose so it then can deal with the next threat, that of the poisoning from consuming the plant based toxins, in this case, cafestol and likely a myriad of other toxins that are found in coffee as well[11]. This, of course, has nothing to do with a “positive health effect” from consuming a toxic plant compound[11].

11.

Moderate coffee consumption does not provide cardiometabolic health benefits because plant-based compounds are inherently toxic and interfere with bodily functions. There are zero cardiometabolic health benefits[12]. Again, there can’t be any as the compounds are plant-based, they are toxic[12].

12.

Coffee contains hundreds of poisonous toxins, including alkaloids, glycoalkaloids, phenolic acids, flavonoids, terpenoids, diterpenes, and cyanogenic glycosides. Coffee contains, as a short example, alkaloids, glycoalkaloids, phenolic acids, flavonoids, terpenoids, diterpenes, carboxyatractyligenin derivatives, cyanogenic glycosides, and other extremely toxic compounds like anthocyanins, stilbenes, coumarins, lectins, lignans, and lignins[12]. There are actually several hundreds of compounds, and as they’re plant-based, they are all incompatible and inherently toxic to human biology[12].

13.

All types of coffee are highly toxic due to the presence of numerous defense chemicals, antinutrients, heavy metals, and pesticides. Also, all types of coffee are highly toxic with several hundred defense chemicals, antinutrients, heavy metals, pesticides, and so on[13]. So again, anything plant-based, especially from seeds should always be avoided[13].

14.

The only way to achieve better health and slow down aging is by following a natural human carnivore diet and utilizing fasting for detoxification and healing. The only way to get healthier and slow down the aging process is to follow our natural human carnivore diet and to utilize fasting to help with detoxification and healing[13].

15.

"Benefits" like weight loss from caffeine are a result of the fight-or-flight stress response caused by poisoning. This goes back to the fight-or-flight stress response of acute poisoning from ingesting caffeine[14]. As I mentioned, the body diverts blood flow away from the digestive system and towards the muscles and brain, reducing digestive activity and thus hunger for a few hours[14].

16.

Improved exercise performance associated with caffeine is not a true benefit but a consequence of the acute poisoning effect triggering the fight-or-flight response. No, caffeine does nothing beside poisoning you[15]. It’s the acute poisoning effect from caffeine that triggers the fight-or-flight response that is performance boosting — as in your body releasing epinephrine, norepinephrine, cortisol, and glucose[15].

17.

Caffeine does not have positive effects on kidney health and will stress the kidneys over time. Caffeine does not have positive effects on kidney health as it will stress the kidneys and with repeated administration, the kidneys will take damage over time, as in accumulated stress and damage[16]. However, caffeine increases urine production by stimulating the kidneys to release more water and electrolytes (which can lead to dehydration)[16].

18.

Increased alertness and improved cognition from caffeine are primarily due to the fight-or-flight response, not solely the blocking of adenosine receptors. While caffeine, as a toxin and poison, blocks adenosine receptors in the brain, the most noticeable effects comes from the acute poisoning, as in the fight-or-flight response, which we have covered in depth[17]. Thus, most of the properties attributed to caffeine is actually from your body preparing you to avoid danger while upregulating its detoxification and healing abilities[17].

19.

Combining coffee with olive oil is a bad idea as it involves mixing two extremely toxic and harmful compounds. And Stephanie, as an alleged “nutrition educator,” how can you ‘love’ two extremely toxic, harmful and unnatural compounds such as coffee and olive oil[18]? Well, either way, combining two poisons is incredibly stupid[19].

20.

Black coffee's bitter taste is a natural warning signal indicating its toxicity. Well, black coffee tastes bitter and dry as it is extremely toxic, it’s a warning signal to us[19]. And that is why most stupid people add other crap to it in an effort to still drink the crap[19].

21.

Olive oil's grassy, herbish, or peppery and bitter taste, along with its gag-inducing aftertaste, also indicates its toxicity to humans. And olive oil simply tastes grassy, herbish, or even peppery and bitter — accompanied with the most gag-inducing aftertaste known to man, again because it is extremely toxic[20]. Well, humans are obligate hyper carnivores, we are not supposed to eat anything that tastes grassy, and especially not plant-based unsaturated fats[20].

22.

Plant-based unsaturated fats found in olive oil are extremely damaging to all human tissues, especially arteries. Well, humans are obligate hyper carnivores, we are not supposed to eat anything that tastes grassy, and especially not plant-based unsaturated fats, which are extremely damaging to all our tissues, especially in arteries (and even more so if combined with carbohydrates, as in elevated blood glucose)[20]. Also, all seed- and vegetable oils, as in plant-based unsaturated fats are extremely heat sensitive[21].

23.

Heating olive oil, such as by adding it to hot coffee, accelerates its oxidation, leading to the formation of more toxic compounds like aldehydes and peroxides, and potentially trans fats. And mixing it in hot coffee will accelerate the oxidation process even further, just as if you would be a complete idiot and cook with any of these toxic oils[21]. So, if combining coffee and olive oil, as in two toxic substances, weren't bad enough, you also heat the olive oil, causing even more oxidation, aldehydes and peroxides[21].

24.

Studies associating olive oil with heart health are based on flawed science that doesn't understand the fundamental differences between plant-based oils and animal fats in human biology. No, this is backwards fake "science" and propaganda, as these charlatans do not understand the difference between oils found in plants and the fat found in living biological beings such as animals and humans[22]. Neither do they understand the difference of antioxidants in plants, as in defense chemicals, and how they as foreign and toxic compounds interact with the human body[22].

25.

Olive oil has zero health benefits for humans and will actually damage the cardiovascular system and heart due to its inherent toxicity. No, wrong again[23]. Olive oil has zero benefits for human health, as it is extremely toxic and will really damage your cardiovascular system and heart[23].

26.

Adding olive oil, another toxic substance, to coffee does not reduce the overall toxicity but rather increases it. Adding a poison to another poison does not reduce the toxicity, it increases it[23]. Simple math[23].

27.

Trends like olive oil coffee are likely promoted by individuals or groups who want people to be weak, dumbed-down, docile, and dependent. So to conclude, this was yet another retarded trend likely aimed at delusional "health nuts" that has gotten everything backwards[24]. And as most trends, it was likely started by shills who want you to be as weak, dumbed-down, docile, and dependent as possible[24].

28.

Despite recognizing the toxicity of coffee and most seed oils, many people mistakenly believe that olive oil is a healthy oil. Unfortunately, while many people have discovered how toxic coffee and most seed oils are, most of the same people still believe that olive oil, for some reason, is one of the few "healthy oils"[24]. Well, if it comes from a plant, it cannot be healthy[24].

29.

If you currently consume caffeine, it is recommended to gradually reduce and then completely stop its consumption. Now, here's a real tip to consider[25]. If you currently are taking caffeine in any form, be it from coffee, tea, tablets, capsules, or any kind of supplement, simply start to taper down and stop[25]!

30.

For optimal health, it is crucial to avoid all plant-based and processed foods and instead adopt a natural human species-appropriate, species-specific animal-based (carnivore) diet. You should avoid both coffee and olive oil[22]. Actually, you should avoid anything plant-based and processed, as all these "edibles" are extremely toxic and detrimental to your health and wellbeing[22].